

This I believe Essay

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Have you ever had this urge of volunteering yourself for something but did not have the guts to speak up? I had. There was a tiny whisper in my head, which tried to convince me that others deemed me as incompetent. Therefore, I must not humiliate myself in front of my peers. Little did I know that the voice came from within me.

Eleanor Roosevelt once said, "Nobody can make you feel inferior without your consent." More often than not, we are the ones who compared ourselves with others. As time goes by, we start to overlook our strengths and doubt our own capabilities. Eventually, we stop believing in ourselves.

I used to doubt myself and even hated myself. It took me a long time not to judge myself through others' eyes and to believe in myself.

Lack of self-confidence. My primary six teachers told these exact words to me. Sure, I was the weakest student in my class. I had nothing to be proud of. One time, my science teacher was asking around whether anybody was interested to represent the school for a science challenge. Bursting with excitement, I wanted to shout out my name. Instead, I kept quiet. "What science challenge? Why bother? Your grade for Science is an A, not an *A star*," the voice reprimanded me. There was no way I would win anything for the school.

When my English teacher read out the names of the pupils who needed remedial, my heart would sink slowly. Needless to ask, I was in remedial. Again. I felt utterly disappointed. Not only was I slow in learning, I was also slow in improving. I hated myself.

From then on, I felt inferior to others. To me, class discussions were a torture. I was too afraid to voice out my opinion lest it was not politically correct. I was afraid of criticism from others. I was even more afraid of humiliating myself in front of everybody. Eventually, I deprived myself of the knowledge shared.

Even for a simple task such as sweeping the floor, I would feel that others could do it better than me. My confidence hit rock bottom. To make matters worse, I was taking the most important examination of my life that year. With such low self-esteem, I wondered whether I could pass it.

As days passed, my brother noticed a change in my mood. I was impatient and got agitated when I failed to figure out the answers for my assignments. Out of frustration, I would give up and chuck my worksheets aside. I was just no good in anything. I was devastated. Without having to ask me anything, he knew what was amiss. He told me, "Do not give up hope on yourself when others have not given up hope on you." His words slapped me. I realised that my family had more faith in me than I had with myself. Their love and support were more valuable than any gift I could ask for.

It struck me that it was time for me to be in control of my own destiny and whatever that held me back. Thus, I worked extremely hard and completed all the assessment books that my mother had bought. I wanted to prove, not to others, but to myself, that I always had the potential to achieve my goal of becoming one of the top five students in my cohort. Slowly, I became more confident and believed in myself again.

A quote by Elisabeth Kübler Ross goes like this, "People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within." It is important for us to take a look within ourselves and see what beauty we possess inside. Nobody should tell us how amazing and special we are. Believe in yourself, be who you are and speak how you feel, because those who mind don't matter, those who matter don't mind.